

ADD-ONS FOR Basic Membership Package

Towel service
(\$3/day, \$25/month, \$200/year)

Half locker rental
(\$10.50/month, \$105/year)

Parking
(\$42.75/month)

SMUfit's Pilates Studio

SMUfit's Pilates Studio is fully equip with top-of-the-line Stott Pilates equipment and room that help instructors to focus on postural alignment sequential exercises.

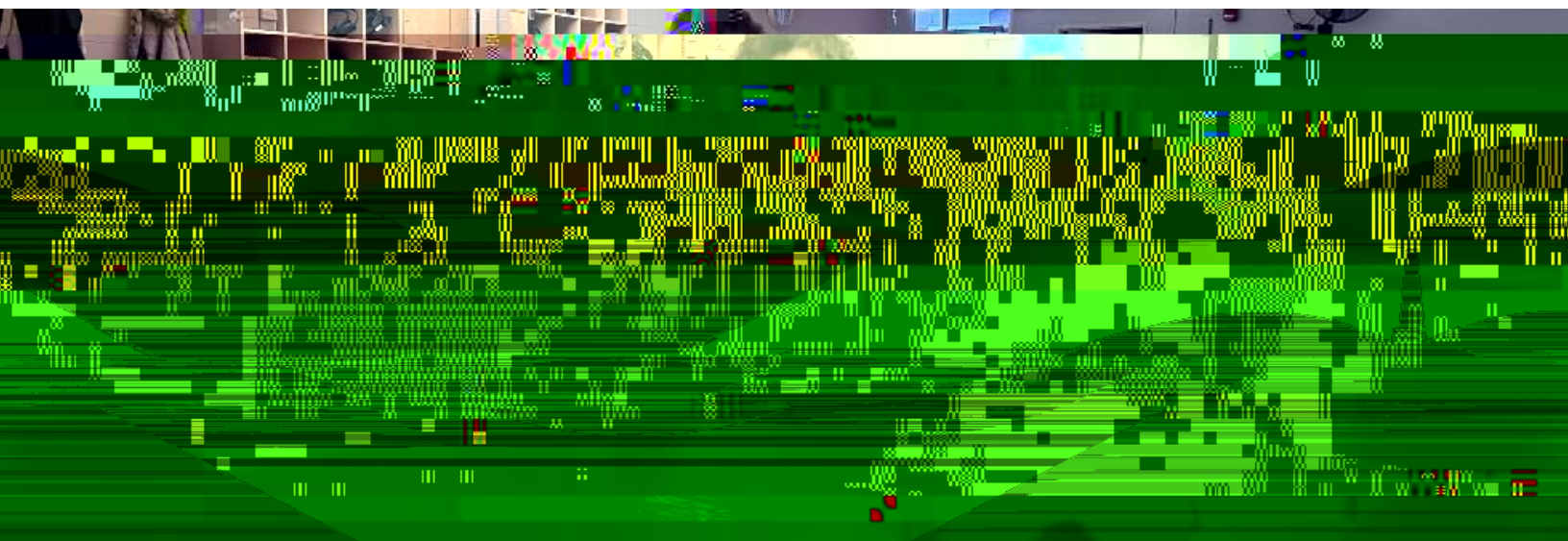
Got started with our Starter Package or Classical and Contemporary Pilates matwork or Reformer Package and Drop class on the schedule (within the ability level of the client) both

To see our full schedule of class offerings and book a maximum of 7 days in advance go to: athletics.smu.ca

Individual/Duet Lessons must be scheduled in advance (480-5555) with Visa, Mastercard or American Express

SMUfit

we're not just a gym, we're a community. Join us today and experience the difference.



Group Reformer Pilates Classes

Reformer Pilates - Beginner

Joseph Pilates' principles of movement. Whether you are new to the Pilates Reformer, just starting your Pilates practice or looking to revitalize your practice, this class is designed to help you build a strong foundation in the Pilates Reformer. This is a beautifully designed level 1 class.

Tuesdays	9:30-10:30 a.m.		Instructor: Jackie
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Reformer Pilates - All Levels

Joseph Pilates' principles of movement. Whether you are new to the Pilates Reformer, just starting your Pilates practice or intermediate, this class is designed to help you build a strong foundation in the Pilates Reformer. This is a beautifully designed level 1 class.

Thursdays	10:40-11:40 a.m.		Instructor: Jackie
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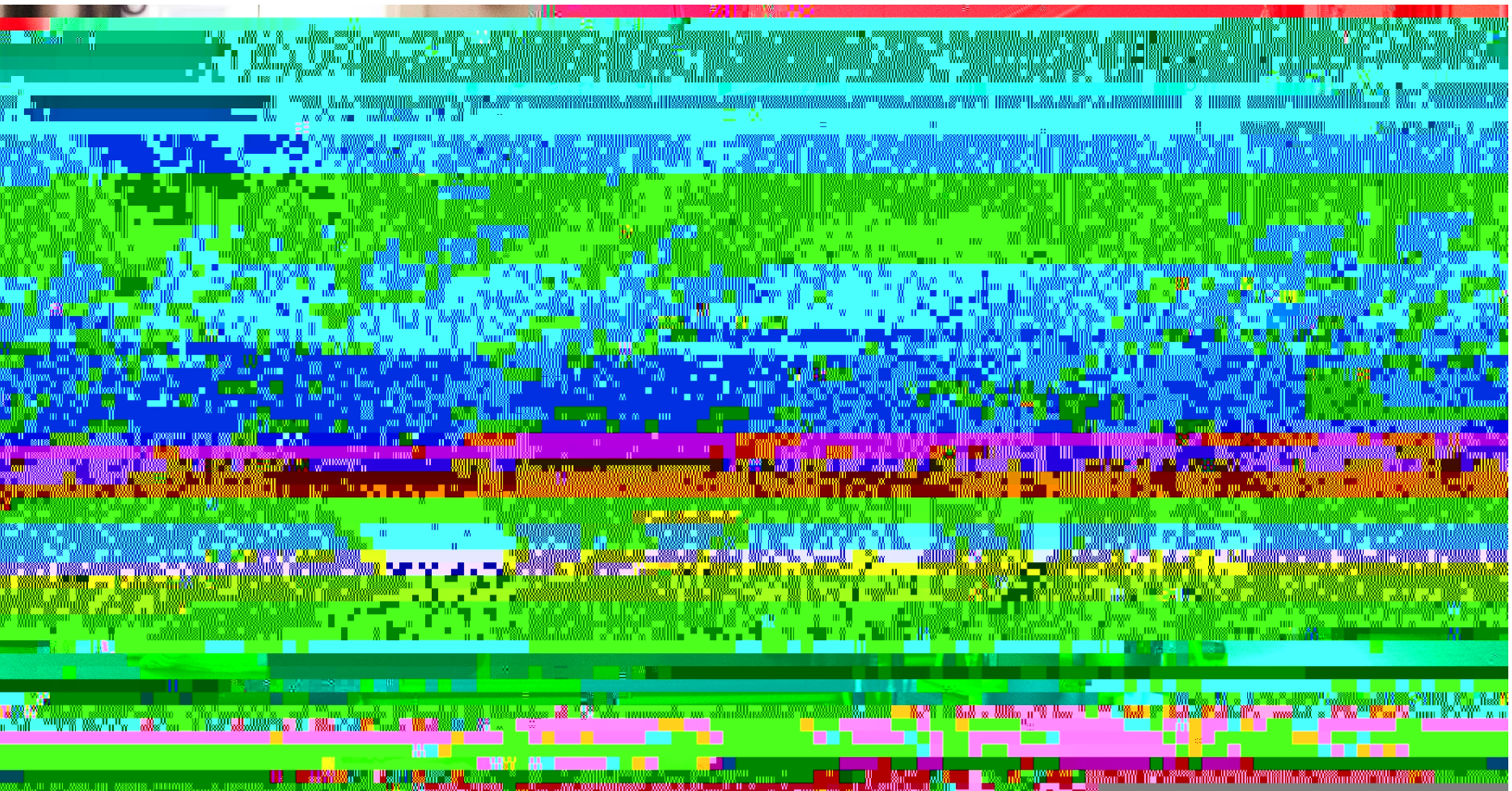
Reformer Pilates - All Levels

This is a Reformer Pilates class designed to help you build a strong foundation in the Pilates Reformer. This is a beautifully designed level 1 class.

postural alignment.

Beginners and people who are new to our studio must have approval from the instructor before joining an

Wednesdays	9:15-10:15 a.m.		Instructor: Jackie
Thursdays	9:15-10:15 a.m.		Instructor: Jackie
Fridays	9-10 a.m.		Instructor: Ocean



Registered Programs

Register either in person at the Homburg Centre Front Desk OR over the phone (902-483-5555)

Note: Below prices do not include taxes | registration | No other refunds are permitted

Pickleball Foundations

[Jan 12 – March 9]

For novice players to the rules and techniques to master the fundamentals of one of the world's fastest growing sports! Whether you've never played before or have some knowledge and confidence to enjoy this fast-paced sport, this program is designed to help you learn the basics of the game and build your skills.

Registration opens December 2nd and will remain open until January 12th. This program will run for 8 weeks starting on January 12, 2025. NO CLASS ON FEB 16th

Member / Student = \$89 -Member = \$100

Sundays	11:30 – 12:30	Court B –	Instructors: Paul & Michael	Register Online at http://www.homburg.ca/programs
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Intermediate Pickleball

[Jan 12 – March 9]

For players who have some experience with the game but want to learn more about this great sport and play at a higher level. Focusing mainly on doubles, Pickleball participants will be introduced to more advanced concepts through drill.

Registration opens December 2nd and will remain open until January 12th. This program will run for 8 weeks starting on January 12th, 2025

Member / Student = \$134 | Non-Member = \$154

Sundays	12:30 – 2:00	Court B – Main Gymnasium	Instructors: Paul & Michael	Register Online at http://www.homburg.ca/programs
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Ready for more than just fun and games? Join Kids Pickleball with NOCP. Learn to play with instructor Michael I. Danco. Kids will learn to play pickleball with their friends all while learning awesome skills like teamwork and focus.

Registration opens December 2nd and will remain open until the program start date. These programs will run for 6 weeks.

Member = \$66 | Non-Member \$78

[Jan 6 – Feb 13]

8-11yr	Mondays	4:30 – 5:30	Community Room	Instructors: Michael Danco	Register Online at: SMU Pickleball League - SMU Pickleball League
12-17yr	Wednesdays	4:30 – 5:30	Community Room	Instructors: Michael Danco	Register Online at: SMU Pickleball League - SMU Pickleball League

[Feb 24 – April 2]

8-11yr	Mondays	4:30 – 5:30	Community Room	Instructors: Michael Danco	Register Online at: SMU Pickleball League - SMU Pickleball League
12-17yr	Wednesdays	4:30 – 5:30	Community Room	Instructors: Michael Danco	Register Online at: SMU Pickleball League - SMU Pickleball League



Pickleball League

[Jan 12 – April 12]

Join our fun and dynamic pickleball league for an exciting and competitive experience. You will enjoy the fun of playing with new friends and meeting new people. Registration opens December 2nd and will remain open until January 12th. This program will run for 10 weeks on January 12th, 2025, MARCH 9th or MARCH 30th.

Member/ Student = \$25 -Member = \$30

[Register Online at: SMU Pickleball League - SMU Pickleball League](#)
Sunday 2:00 – 3:30 Court B – Main Gymnasium Organizer: Joanne Klein

muscle tone, and enhancing endurance through a balanced mix of compound and isolation exercises. Each week it's progressive. This program intro...
Strength level. This program aims to boost confidence and establish a consistent fitness routine.

Registration opens December 2nd and will remain open until January 13th. This program will run for 4 weeks starting on January 13, 2025.

Member / Student = \$48 -Member = \$48

Mondays	1:00 – 2:00 PM	Studio C, Renton	Instructors: Stephanie Renton	- Feb 3	Register Online at: http://www.seasidefitness.com
Mondays	1:00 – 2:00 PM	Studio C, Renton	Instructors: Stephanie		



Heart 4 Life

Included in Heart for Life Membership

like-minded individuals. During each class professionals will take and track your heart rate and blood pressure. Personal Trainers will take your choice.

Mondays & Wednesdays (All Year) 6-7:30 p.m. Community and Cardio Room **Instructor**



Karate

{Jan 6 – }

The Saint Mary's University Shetland Karate Club offers the opportunity for members to learn the art of Shetland Karate in an enjoyable and lively class atmosphere. The SMU club has a strong sense of community where self respect and respect for others is fostered while members work towards their goals of greater confidence, fines coordination, self-defence, or to pursue karate for competitive aims.

Please contact: shannon.doane@smu.ca with any questions or visit universitykarate.ca

Karate - Beginner

Now beginner members will learn the basic fundamentals of traditional karate including kata (forms), kihon (sparring) and kihon (basic techniques).

Registration opens August 6th. This program will run for 12 weeks starting on Sept 10, 2023.

Member/ Student = \$65 | Non-Member = \$110

 Thursdays Thursdays	6-7 6-7 p.m.	Community Room	Instructors: Shannon Doane Andrew	Register Online at: http://www.universitykarate.ca
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Karate – Intermediate/Advanced

Intermediate and Advanced members will perform free sparring where students are able to perform as a number of combinations of attack and defence against their opponent. We present members who wish to pursue Karate for traditional training and fitness, but also those who would like to compete in Karate as a competitive sport.

Registration opens August 6th. This program will run for 12 weeks starting on Sept 10, 2023.

Member/ Student = \$65 | Non-Member = \$110

 Thursdays Thursdays	7-8:30 7-8:30 p.m.
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Cardio

Spin

Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories, release stress and gain endurance! This is a great class for anyone who wants to lose weight, improve their cardio, or just have fun. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.

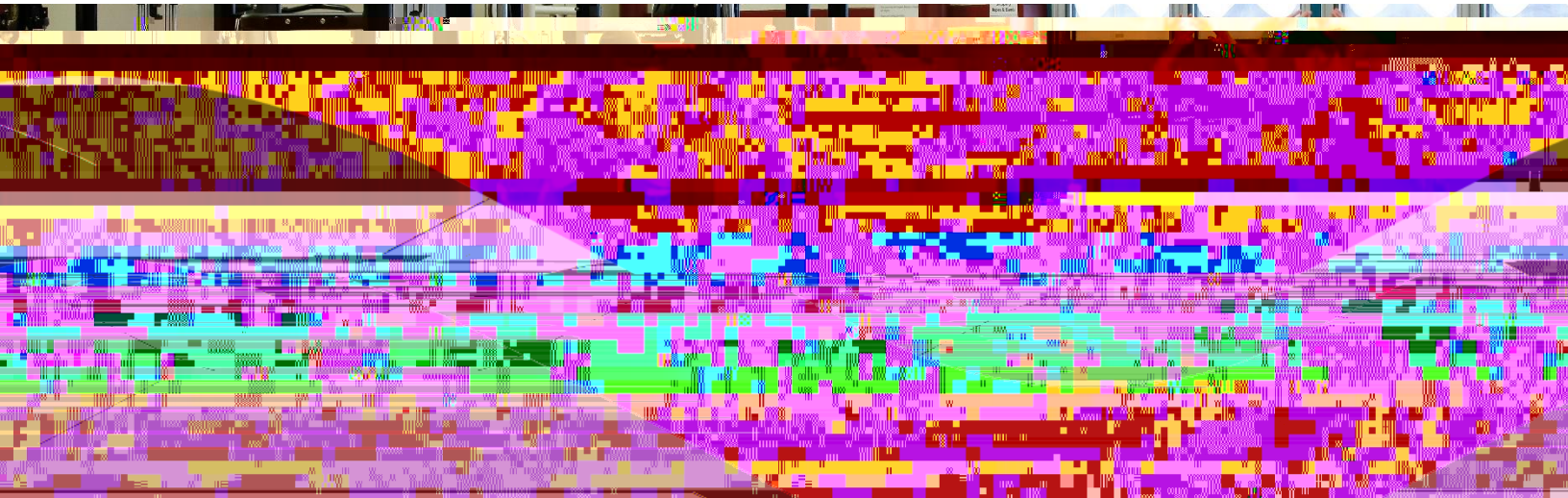
Mondays

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Heart & Muscle

This class combines heart rate, functional core, and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.

Sundays	9:30-10:30 a.m.	Studio C	Instructor: Zena
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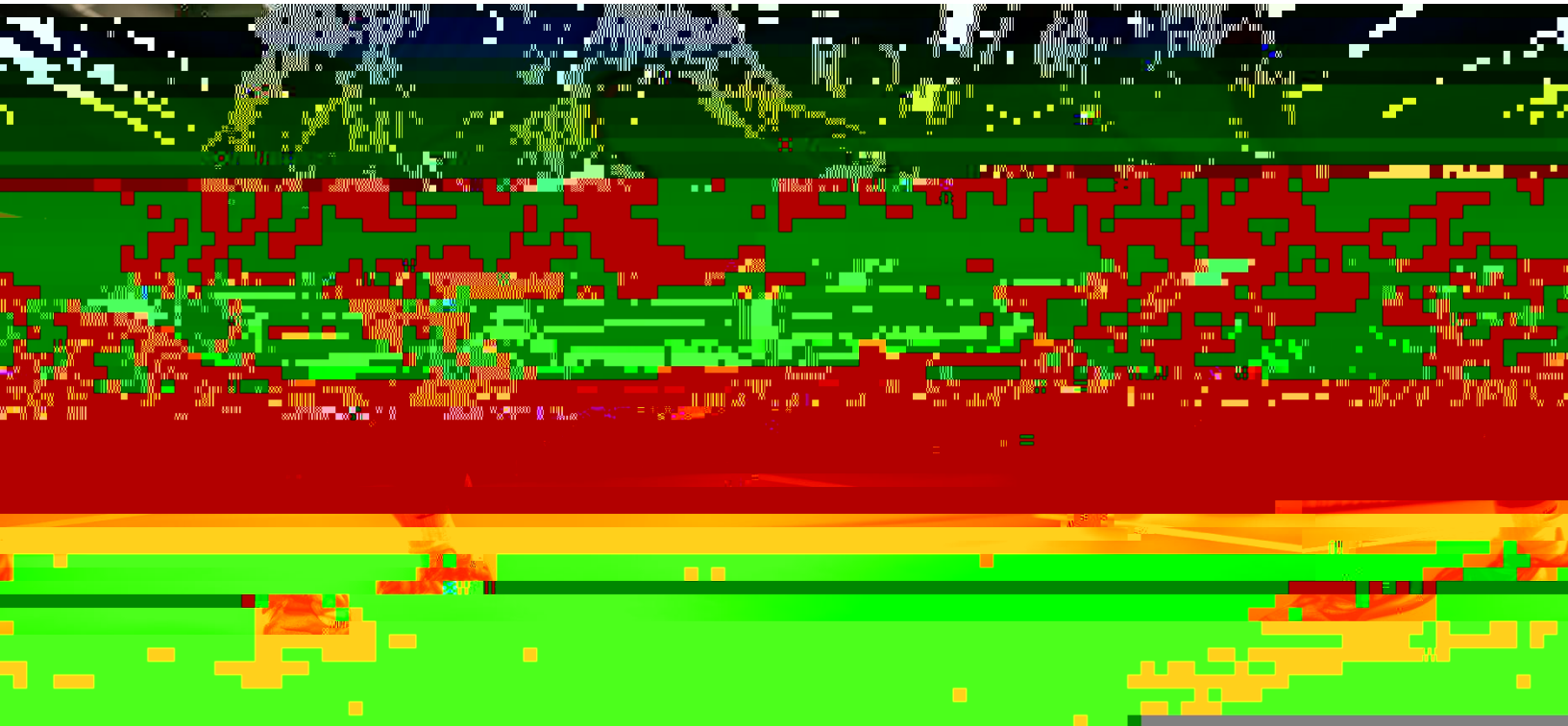


Rickleball !! Information

For more information to increase their individual skills and knowledge, please contact us at 1-800-555-1234. Join our qualified rickleball coach for private and/or group instruction. The fee is \$35 for 1-4 people.

Rickleball !! Information			
	Member	Non-Member	Description
Private (1-4)	\$35	\$42	Join our qualified rickleball coach for private and/or group instruction. The fee is \$35 for 1-4 people.

Please contact us for our Rickleball !! Information and Programs.



Here is the map to the location of the court.

Squash Court Bookings

Call 902-433-5555. Members with a SMU.

Drop-in

SPORT	DAYS	TIME	LOCATION
Drop-in Tennis	Mondays & Wednesdays	12-1pm	Main Floor Court A
Drop-in Tennis	Mondays & Wednesdays	12-1pm	
Rickleball	Thursdays	10-12pm	
Competition Kata Karate	Tuesdays	8-9pm	Community Room

NOTE: Drop-in Tennis is now available at any time we are open in the upstairs lobby area. Check out your ball and paddles at the Programs and Services desk.

We recommend checking the athletics.smu.ca calendar or checking with the front desk before signing for a drop-in sports as times and locations are subject to change.

For more information email

Lindsay.mcfarlane@smu.ca

